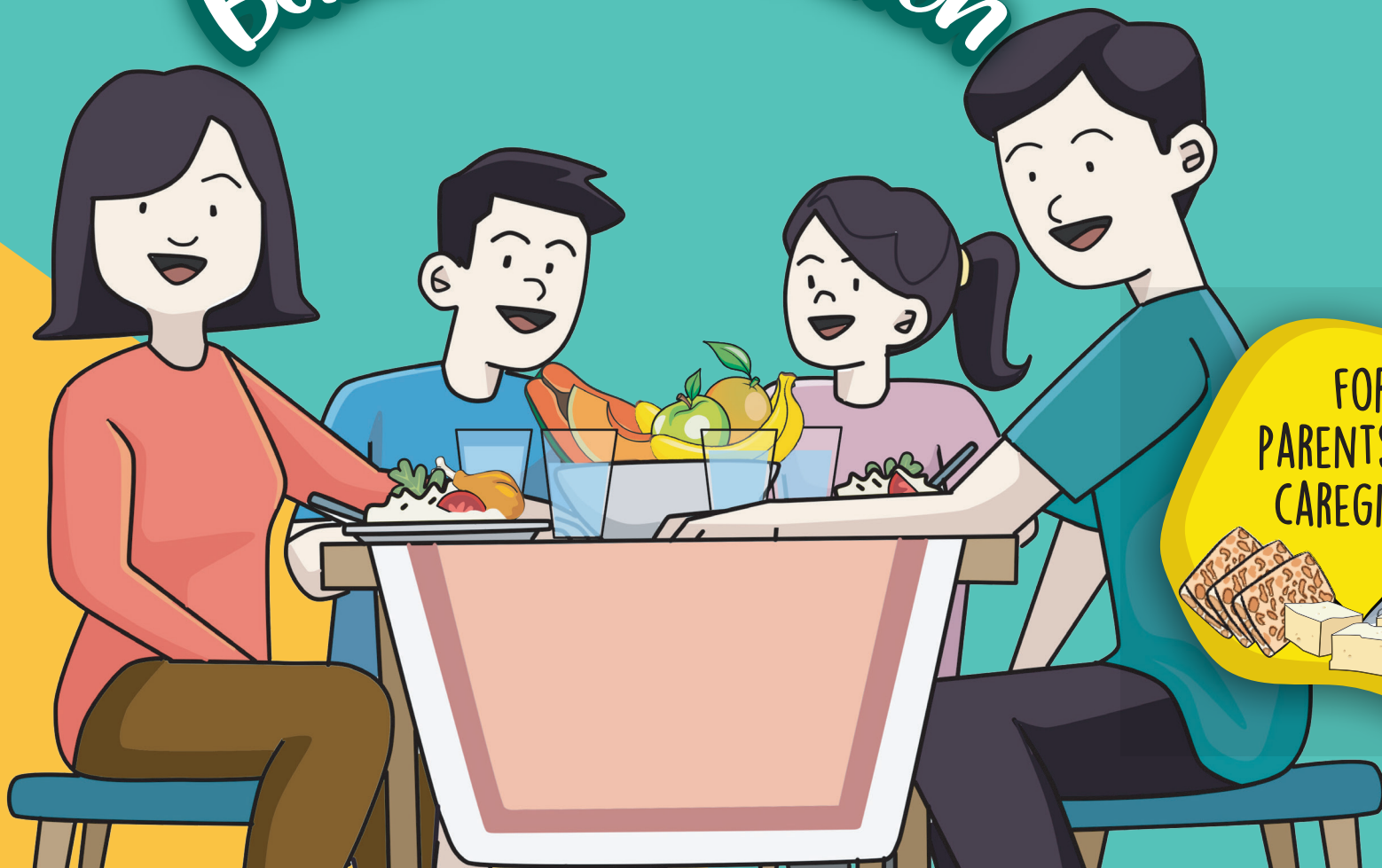




GUIDE TO

Balanced Nutrition



FOR
PARENTS AND
CAREGIVERS



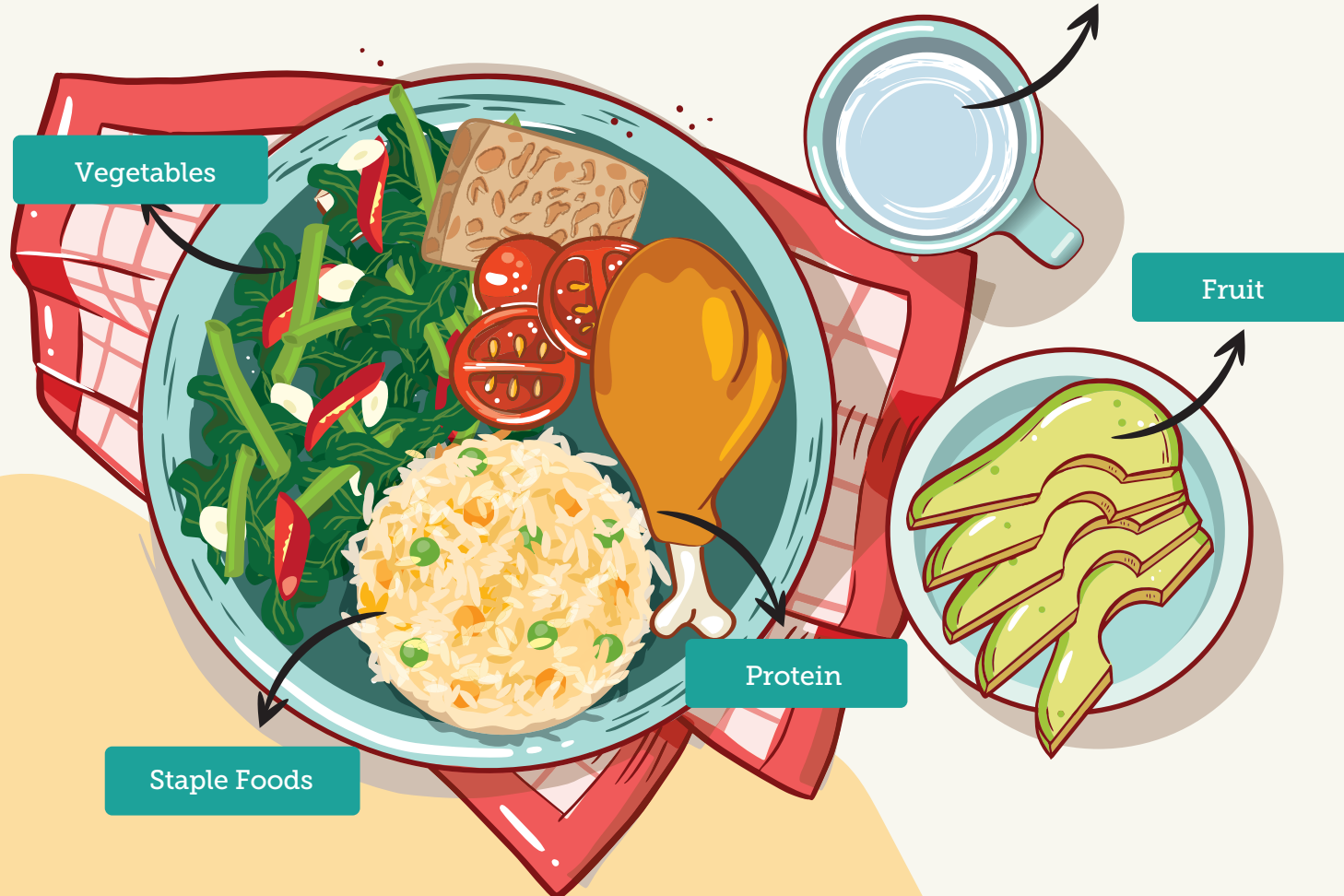


*“Building a
healthy family
for a bright future.*

*Our nation’s future
starts from
my family.”*

BALANCED NUTRITION GUIDE

FILL MY PLATE (ISI PIRINGKU)



Eat nutritious food



Exercise regularly



Wash hands with soap and running water

THE IMPORTANCE OF A VARIETY OF SAFE, NUTRITIONALLY BALANCED FOODS FOR THE FAMILY

Eating a variety of safe and nutritionally balanced foods is essential for all family members because it will strengthen the immune system and reduce the risk of disease.

Moreover, a diverse diet also encourages the family to try new dishes rather than eating the same food again and again!

*Don't forget to eat
vegetables and fruit
along with animal and
plant-based protein
at every meal.*



FUNCTIONS OF FOOD

A balanced diet should include all of the necessary nutrients for our body in the right proportions. The more diversified and balanced the food we consume, the greater the chance for our body to meet our daily nutritional needs.

THREE FUNCTIONS OF FOOD



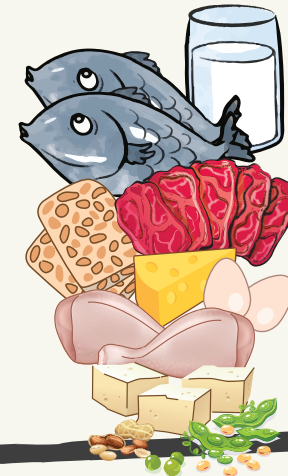
ENERGY

To provide energy to fuel our activities such as working, thinking and performing other physical activities



GROWTH

To repair and build our bodies' tissues, necessary for the formation of bones, teeth, muscles, skin and blood



REGULATION

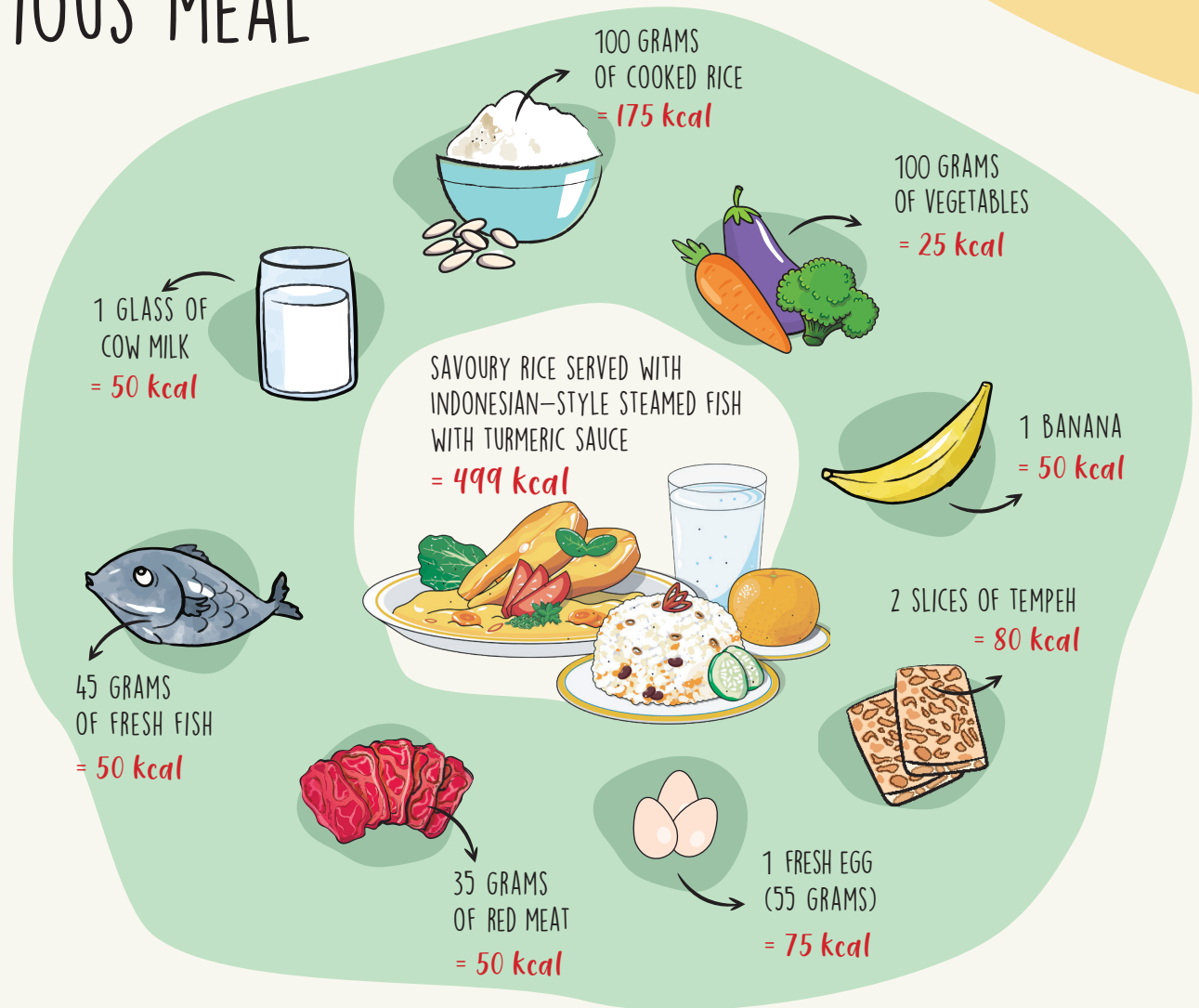
To regulate various activities of our bodies to function well



HOW TO SELECT GOOD FOOD SOURCES AND PREPARE A NUTRITIOUS MEAL

A healthy and balanced diet takes account of different nutritional needs in our bodies. As a standard measurement, we can use what we call Recommended Dietary Allowances (RDA) to measure general daily nutritional needs for people in general.

RDA for children aged 7-8 years old ranges from 1,600 to 2,000 kilocalories (kcal).





LET'S KEEP AN EYE ON OUR DAILY SUGAR, SALT AND FAT (SSF) INTAKE

It is important to watch out for sugar, salt and fat in our daily food. They are essential to our diet but their daily intake should meet the following maximum servings:

S4

SUGAR



4 tablespoons
50 g/person/day

S1

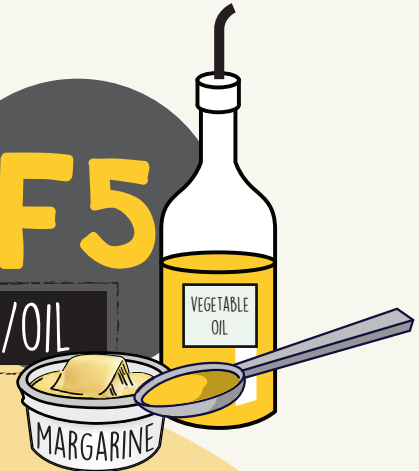
SALT



1 teaspoon
5 g/person/day

F5

FAT/OIL



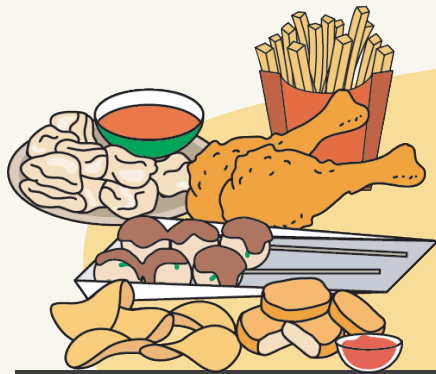
5 tablespoons
67 g/person/day

LET'S LIMIT OUR CONSUMPTION OF FOOD HIGH IN SUGAR, SALT AND FAT (SSF), WHICH WE EAT EVERY DAY

Do you know why we should cook our meals every day?

Because we can be sure of what is in our food.

So many of the food shown below are easily found sold in various places and they contain sugar, salt, and fat exceeding our daily needs.



HIGH IN SALT AND FAT



HIGH IN SALT AND FAT

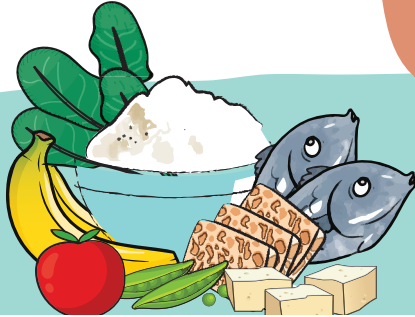


HIGH IN SUGAR AND FAT



HIGH IN SUGAR

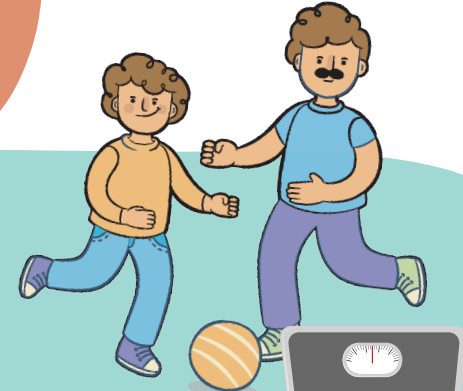
10 BALANCED NUTRITION MESSAGES



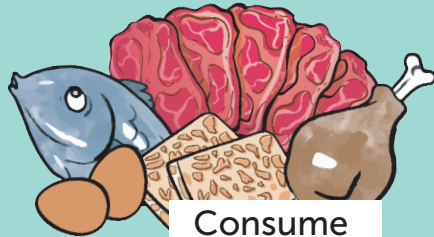
Eat nutritionally balanced and diverse meals



Limit consumption of sugar, salt and fat



Do regular physical activities and monitor healthy body weight



Consume high-protein foods



Wash hands with soap and running water for 60 seconds



Make healthy breakfast a daily habit



Drink enough clean and boiled water



Eat more fruit and vegetables



Read food label



Be grateful for the food we eat

BE PHYSICALLY ACTIVE REGULARLY



DOING HOUSE CLEANING



BE CREATIVE AT HOME



LIGHT EXERCISE

Doing regular physical activities can help boost our immune systems and improve metabolism. Doing physical activities regularly improves blood flow, reduces stress and makes us energetic and in a better mood.



GARDENING

*Do physical activities
for 30-60 minutes every day.*



REGULAR WALKING AND CYCLING

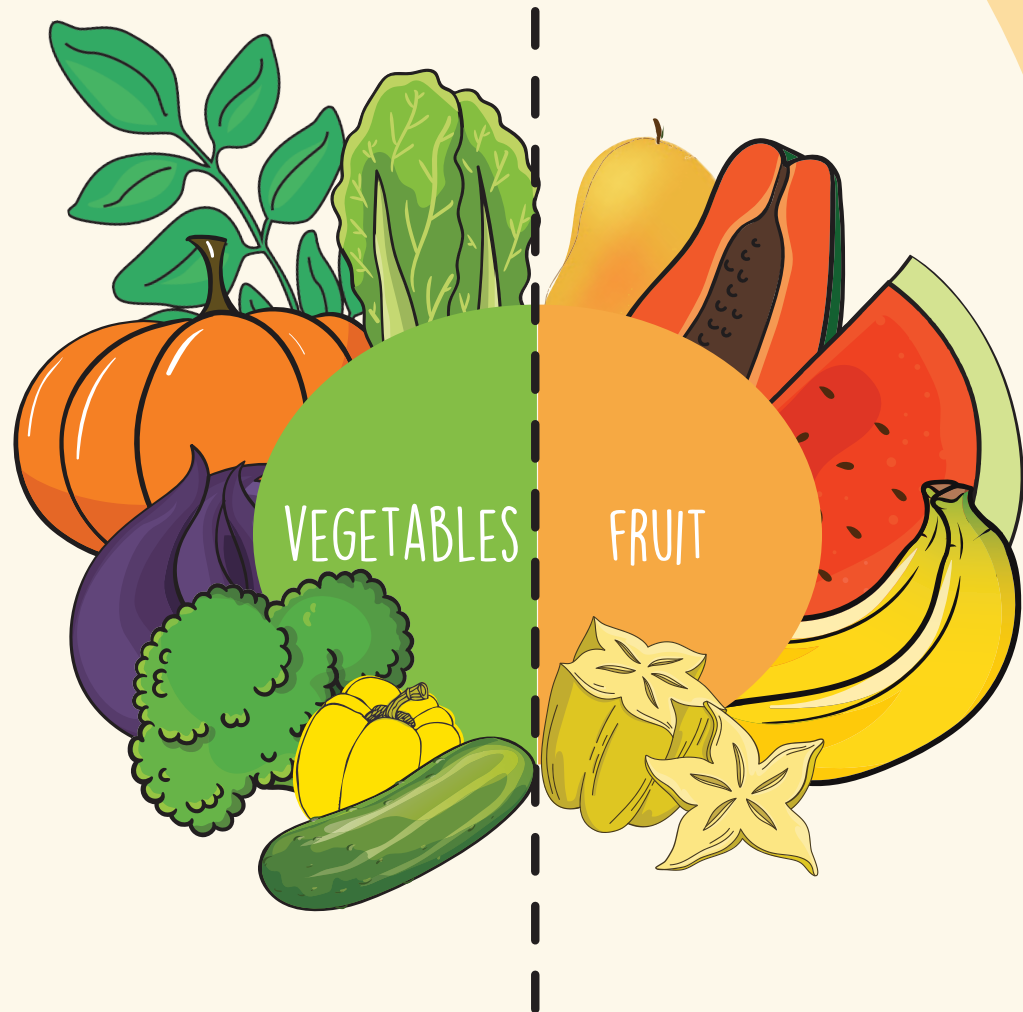


GROCERY SHOPPING

MAKE SURE TO EAT ENOUGH FRUIT AND VEGETABLES

Fruit and vegetables are the best sources of vitamins and minerals. In addition to that, fruit and vegetables are also the main sources of fiber, which is important in our diet.

Another important fact is that vitamins and minerals in fruit and vegetables are also good sources of antioxidants. Antioxidants are thought to have a protective effect against free radicals in our body and help improve our immune systems, therefore lowering our risk of catching various chronic diseases.



LET'S ENJOY THE RAINBOW OF VEGETABLES



EXAMPLES OF VITAMINS AND MINERALS IN VEGETABLES

NAME	MINERALS	VITAMINS
BROCCOLI	CALCIUM, PHOSPHORUS, MAGNESIUM, IRON	A, B, C, E, K
CARROT	POTASSIUM, PHOSPHORUS, CALCIUM	A, B6, B8, B9, K1
CAULIFLOWER	CALCIUM, IRON, SODIUM	C, K
CHILI	CALCIUM, POTASSIUM	A, C, B1, B2
EGGPLANT	CALCIUM, POTASSIUM, MANGANESE, PHOSPHORUS	B9, K
GARLIC	MANGANESE, CALCIUM, IRON, ZINC, PHOSPHORUS	B6, C
MORINGA	IRON, CALCIUM, POTASSIUM, MAGNESIUM, ZINC	A, B1, B2, B3, B6, B9, C
PUMPKIN	POTASSIUM, IRON, MAGNESIUM	A, C
RED BELL PEPPER	POTASSIUM	B6, C
SPINACH	IRON, CALCIUM, MAGNESIUM	A, B, B6, B9, C, E, K1
YELLOW TOMATO	POTASSIUM	B9, C

LET'S ENJOY THE RAINBOW OF FRUIT

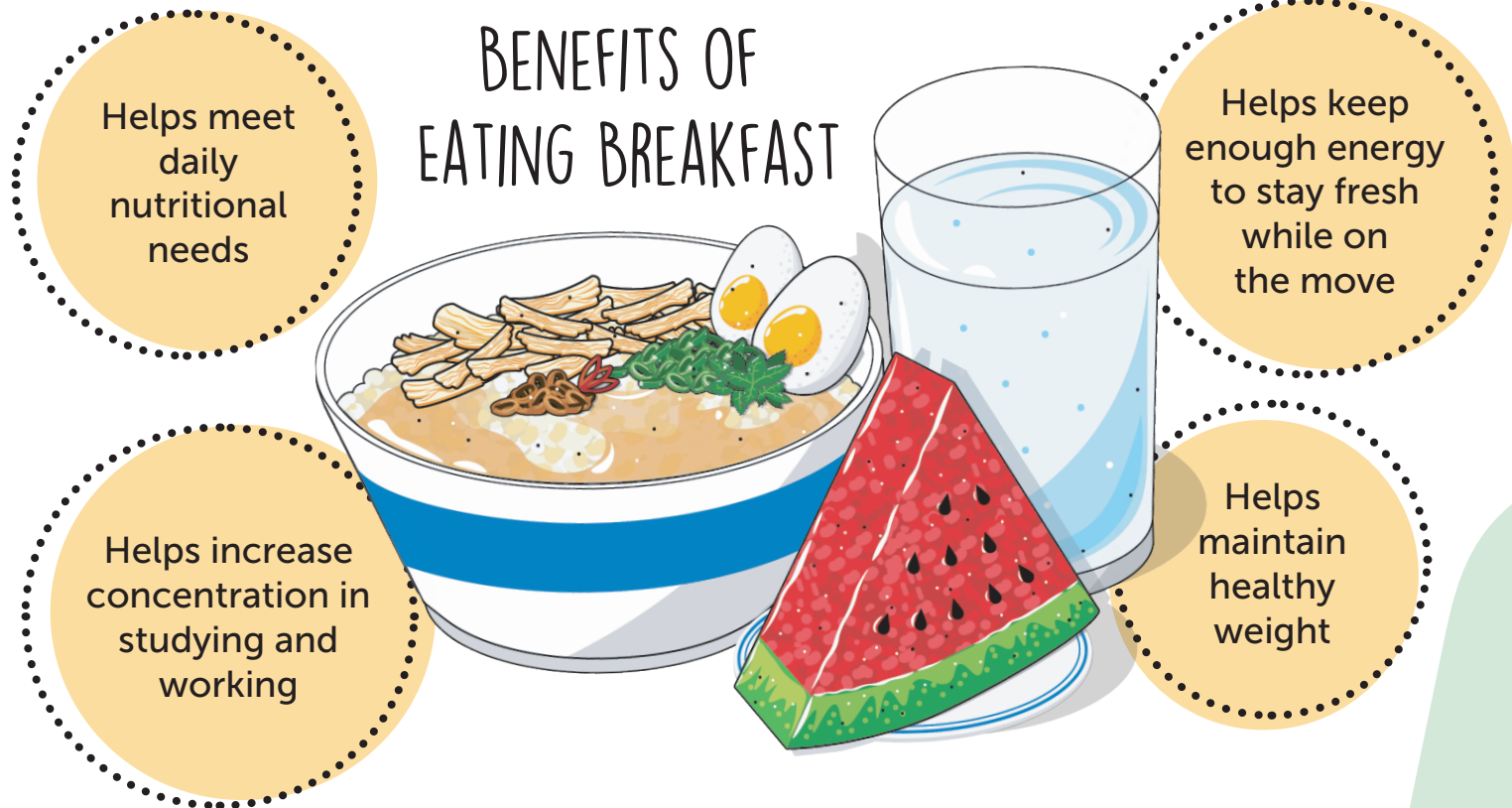


EXAMPLES OF VITAMINS AND MINERALS IN FRUIT

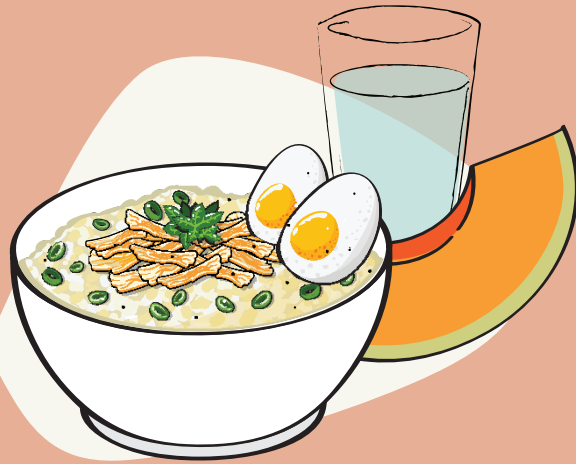
NAME	MINERALS	VITAMINS
APPLE	CALCIUM, MAGNESIUM	A, C
AVOCADO	CALCIUM, MAGNESIUM	A, C
BANANA	MAGNESIUM, POTASSIUM	B6, C
CITRUS	POTASSIUM	A, B1, B9, C
COCONUT	POTASSIUM, MAGNESIUM	A, B9, C, D, E, K
DRAGONFRUIT	MAGNESIUM, CALCIUM, IRON	C, B2, B3
GRAPES	CALCIUM, MAGNESIUM	A, B1, B2, C
GUAVA	CALCIUM, POTASSIUM, PHOSPHORUS, MAGNESIUM	A, B COMPLEX, C, E, K
MANGO	CALCIUM, MAGNESIUM	A, C
PAPAYA	CALCIUM, POTASSIUM	A, B1, B9, C, K
STARFRUIT	POTASSIUM, MAGNESIUM	A, B9, C
WATERMELON	CALCIUM, MAGNESIUM	A, C

START THE DAY WITH A HEALTHY BREAKFAST

Always start the day with a healthy and nutritionally balanced breakfast. Breakfast is essential in providing the energy for our body to do our daily activities. Our body needs sufficient energy to carry out all of our activities in the morning and that energy comes from breakfast. It keeps our body fit and energized.

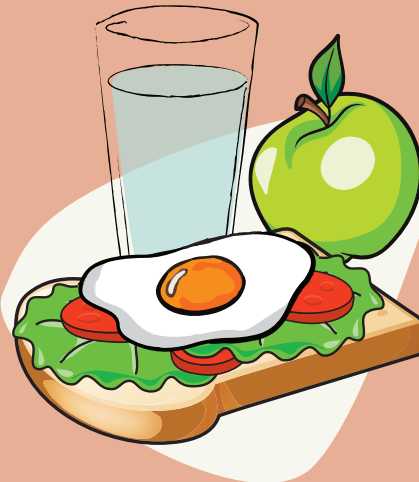


EXAMPLES OF A HEALTHY BREAKFAST



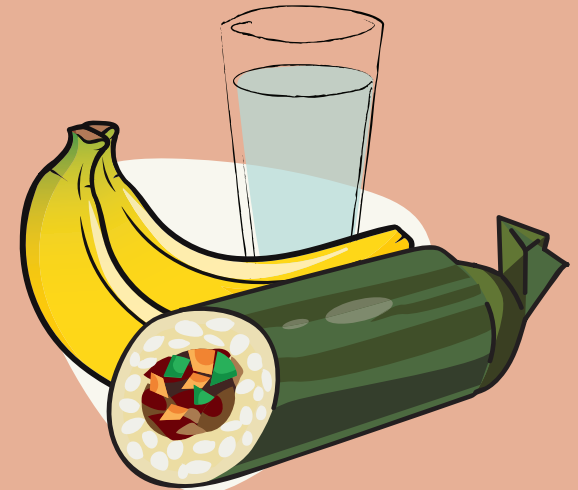
Chicken porridge

or



Egg sandwich

or



Beef and carrot
rice cake

Getting the family to be involved in preparing a variety of breakfasts will build the spirit of creativity and support activities for the whole family.

THE IMPORTANCE OF BREAKFAST

The energy requirement for children aged 7-12 years old is 1,600-2,000 kcal/day. The recommended breakfast contains 15-30 percent of RDA to allow children to have sufficient energy to do their daily activities.

Various children's activities are supported by adequate calories daily. As the first meal of the day, breakfast is essential for boys and girls, although in different amount, depending on their body weight and their daily activities.

Preparing healthy meals at home can support your children immune systems and provide for their energy requirement each day. Involve your children in choosing a healthy menu they like, to understand the importance of consuming healthy home-cooked meals.



ENERGY REQUIREMENT FOR CHILDREN 7-12 YEARS OLD		
	BOYS	GIRLS
ENERGY	500-600 KCAL	400-550 KCAL
PROTEIN	15-18 GRAMS	10-14 GRAMS

FOOD SAFETY AND HYGIENE PRACTICES IN FOOD PREPARATION

As much as we need a healthy and balanced diet for good health, we also need to remember the principles of food hygiene and safety practices. It is essential that we keep these in mind when we prepare food:

- Make sure the kitchen tools and food materials are clean.
- Make sure that your place is clean from garbage and free from pests like rats, house lizards and bugs.
- Refrain from using frying oil for more than twice, as it is always better to use new oil.
- Replace the use of artificial flavoring and MSG with the combination of salt, sugar, pepper and other cooking spices.



5 FOOD SAFETY STANDARDS



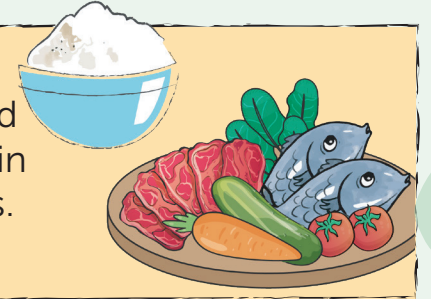
1

Wash hands with soap and running water. Wash produce before processing.



2

Keep kitchen tools, raw food materials and cooked food in separate storage/containers.



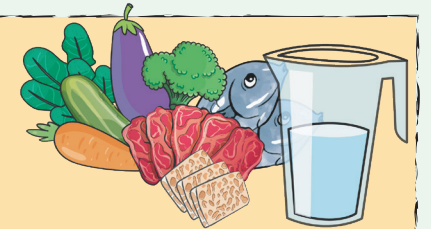
3

Make sure food is cooked properly and thoroughly, especially animal food products.



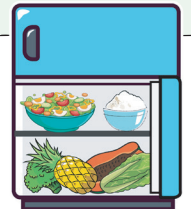
4

Use clean water and clean, safe raw food materials.



5

Store cooked food in an accurate and safe temperature.



CLEAN AND HEALTHY LIFE PRACTICES ARE ESSENTIAL IN THE KITCHEN

Many activities inside and outside of our homes expose us to dirt and germs from various places. We need to pay attention in the kitchen and stay away from trash, smoke and pests like rats. Always practice these clean and healthy habits while preparing food in the kitchen.



ALWAYS USE APRON

Wash apron regularly to keep it clean when you cook.



WEAR HAIR RESTRAINTS WHILE COOKING

Always wear hair restraints to avoid cross-contamination with food.



WASH HANDS WITH SOAP

Wash hands with running water for 60 seconds before and after cooking to avoid germs and bacteria from food.

LET'S COOK

DELICIOUS

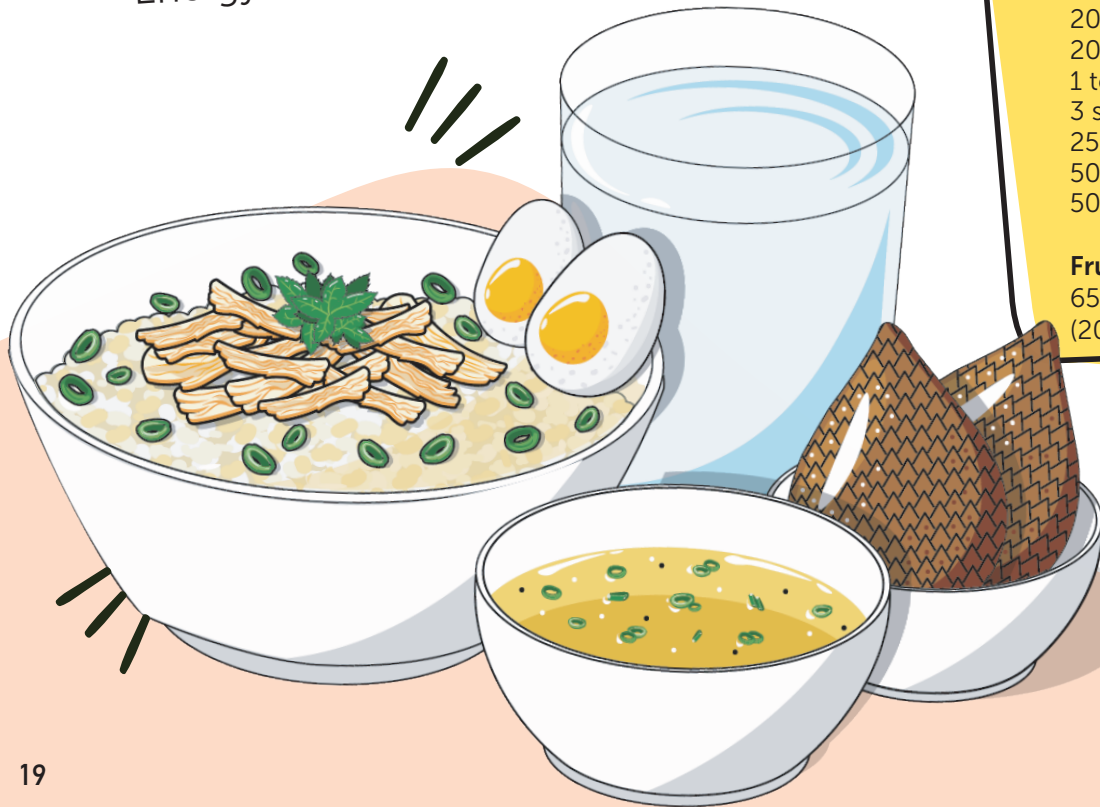
AND HEALTHY

MEALS



CHICKEN AND VEGETABLE PORRIDGE WITH YELLOW SOUP

Nutrient content per serving:
Energy 486 kcal and Protein 16.9 gr



RECIPE FOR 10 SERVINGS

INGREDIENTS

3 cloves garlic
5 cloves shallot
1 teaspoon coriander seeds
4 candlenuts
2 cm turmeric
2 cm galangal
2 stalks lemongrass
6 bay leaves
3 lime leaves
2 cm ginger
250 gr chicken
750 gr white rice
1 teaspoon salt
200 gr carrot
200 gr green beans
1 teaspoon pepper
3 stalks green onion
250 gr quail eggs
50 gr fried shallots
50 ml sweet soy sauce

Fruit:

650 gr snakefruits
(20 snakefruits)

PREPARATION:

1. Grind these: garlic, shallots, coriander seeds, candlenuts, turmeric and galangal. Saute ground spices with lemongrass, 3 bay leaves, lime leaves and ginger, then put aside.
2. Boil chicken for stock. Divide chicken stock into two: half for the soup, and the other half to cook the porridge.
3. For the porridge, cook the rice with chicken stock, add salt and 3 bay leaves. Keep stirring until it becomes porridge, then throw in carrots and green beans. Stir for one minute, then turn off the heat so the vegetables will not be overcooked.
4. For the soup, cook the remaining stock with sauteed ground spices, add salt, pepper and chopped green onions.
5. For serving, add the quail eggs (boiled and peeled) and garnish with a tablespoon of shredded chicken and fried shallots on top. Add sweet soy sauce as you please.

RECIPE FOR 10 SERVINGS

INGREDIENTS

Fried vermicelli:

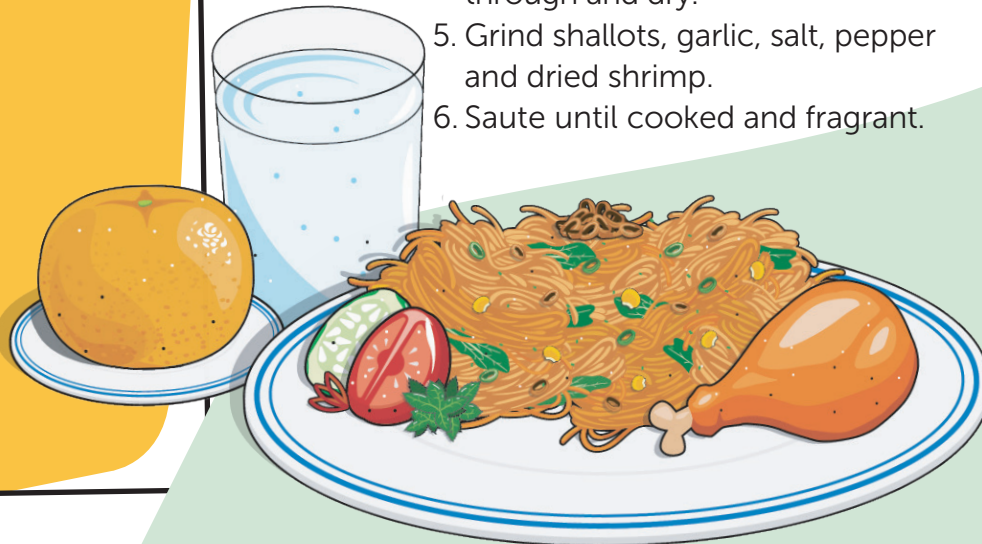
400 gr corn vermicelli
250 gr mustard greens
250 gr white cabbage
10 gr dried shrimp (dried ebi)
5 cloves shallot
3 cloves garlic
1 teaspoon salt
1 teaspoon pepper
250 gr carrot
50 ml sweet soy sauce
3 stalks green onion

Fried chicken:

800 gr chicken
1 whole lime, juiced
1 teaspoon salt
7 cloves shallot
5 cloves garlic
2 cm ginger
2 cm turmeric
10 gr coriander seeds
5 candlenuts
1 teaspoon pepper
3 bay leaves
50 gr galangal
3 stalks lemongrass

Fruit:

1.1 kg oranges
(10 pcs of orange)



FRIED CORN VERMICELLI + FRIED CHICKEN

Nutrient content per serving:
Energy 482 kcal and Protein 18.1 gr

PREPARATION:

For fried vermicelli

1. Soak corn vermicelli with boiled water then drain.
2. Peel and cut carrot into matchsticks or long slices.
3. Chop mustard greens and cabbage into a long and thin slices, then thinly slice green onions.
4. Saute dried shrimps until cooked through and dry.
5. Grind shallots, garlic, salt, pepper and dried shrimp.
6. Saute until cooked and fragrant.

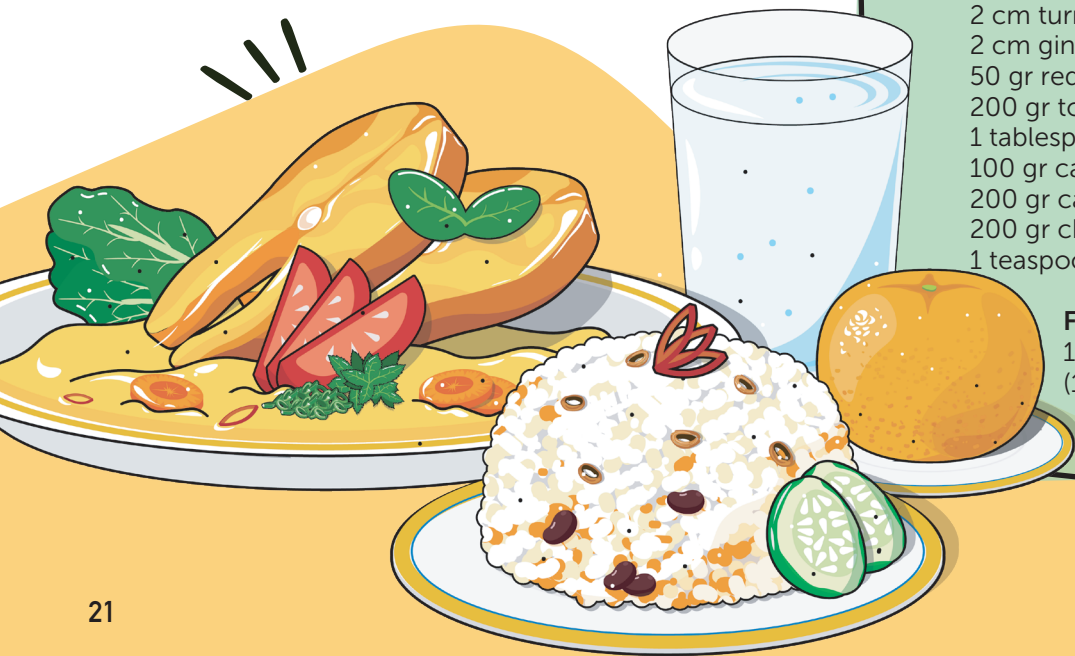
7. Add carrot in and stir until a little soft but not fully cooked.
8. Add mustard greens and cabbage along with sweet soy sauce and green onions to taste.
9. Add in corn vermicelli and stir until all ingredients are evenly mixed on medium heat.

For fried chicken

1. Marinate chicken cuts with lime juice and salt for 5 minutes, then rinse clean.
2. Grind shallots, garlic, ginger, turmeric, coriander seeds, candlenut and pepper.
3. Cover chicken cuts with ground spices then add in bay leaves, galangal and bashed lemongrass stalks.
4. Fry the marinated chicken with enough oil to cover it until golden.

SAVOURY RICE + YELLOW SAUCE TUNA

Nutrient content per serving:
Energy 499 kcal and Protein 21.3 gr



RECIPE FOR 10 SERVINGS

INGREDIENTS

Savoury rice:

750 gr white rice
200 gr red beans
5 cloves shallot
3 cloves garlic
1 teaspoon salt
3 bay leaves
3 pandan leaves
3 lime leaves
3 stalks lemongrass
20 ml frying oil

Yellow sauce tuna:

800 gr tuna fillet
4 pcs of lime, juiced
1 teaspoon salt
5 cloves shallot
3 cloves garlic
4 candlenuts
2 cm turmeric
2 cm ginger
50 gr red chili
200 gr tomato
1 tablespoon oil
100 gr carrot
200 gr cabbage
200 gr chayote
1 teaspoon sugar

Fruit:

1.1 kg oranges
(10 pcs of orange)

PREPARATION:

For savoury rice

1. Wash rice until the water becomes clear then pour it into the rice pot to cook.
2. Add in red beans that were washed, soaked and boiled previously.
3. Grind the spices (shallots, garlic and salt).
4. Add the ground spices to the pot along with bay leaves, pandan leaves, lime leaves and lemongrass with a tablespoon of oil. Saute until fragrant.
5. Add rice to the steamer and cook thoroughly.

For yellow sauce tuna

1. Coat tuna with lime juice and salt, let it sit, then rinse it off. Fry until half-cooked.
2. Grind shallots, garlic, candlenut, turmeric, ginger and salt.
3. Slice chilies and tomatoes.
4. Saute ground spices with a tablespoon of oil until fragrant, then pour in water until soupy.
5. Add fish and chopped carrots, cabbage and chayote to the soup.
6. Add salt and sugar to taste, cook until fish and vegetables are cooked.

RECIPE FOR 10 SERVINGS

INGREDIENTS

Vegetable fried rice:

250 gr corn
250 carrot
5 cloves shallot
3 cloves garlic
5 pcs big red chilies
1 teaspoon pepper
1 teaspoon dried shrimp (*ebi kering*)
1 teaspoon salt
3 tablespoons vegetable oil
1.5 kg cooked rice
3 stalks green onion
3 tablespoons sweet soy sauce
2 tablespoons fish sauce
1 tablespoon mushroom stock (optional)

Sunny side up egg:

10 eggs
3 tablespoons vegetable oil

Garnish:

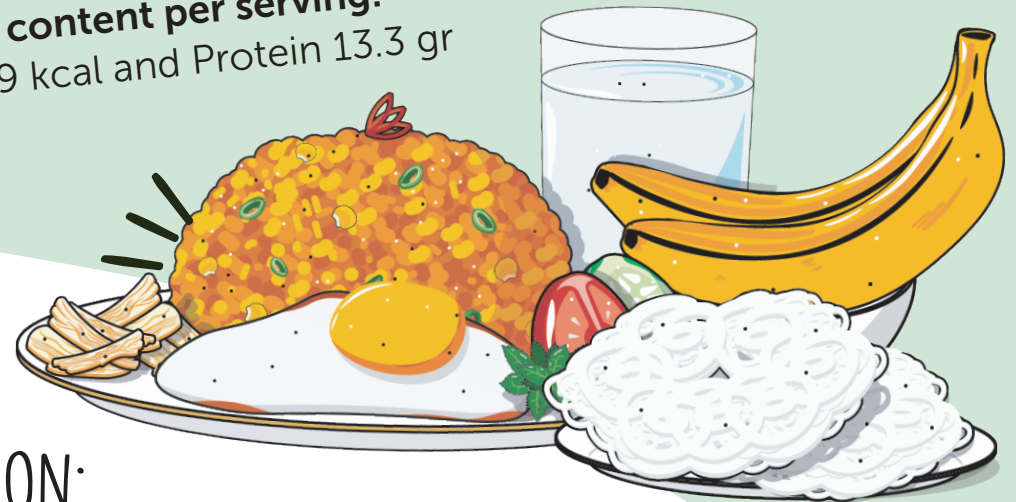
5 tablespoons fried shallots
50 gr crackers

Fruit:

500 gr banana (10 pcs of banana)

VEGETABLE FRIED RICE + SUNNY SIDE UP EGG

Nutrient content per serving:
Energy 469 kcal and Protein 13.3 gr



PREPARATION:

For vegetable fried rice

1. Wash corn and then comb it off.
2. Wash carrot and cut in small dices.
3. Grind shallot, garlic, chilies, pepper, dried shrimp and salt.
4. Heat oil and saute ground spices.
5. Add all the sliced vegetables.
6. Pour in rice then add in salt and pepper, and green onions.
7. Add sweet soy sauce and fish sauce and mushroom stock to taste.

8. Stir rice until evenly covered.

9. Serve with sunny side up egg and cracker.

For sunny side up egg

1. Heat vegetable oil.
2. Crack eggs carefully, to avoid breaking the yolk.
3. Fried until cooked, then serve it on top of the fried rice.

KENAMBAY UMBAY PORRIDGE

Nutrient content per serving:

Energy 473 kcal and Protein 20.3 gr

RECIPE FOR 10 SERVINGS

INGREDIENTS

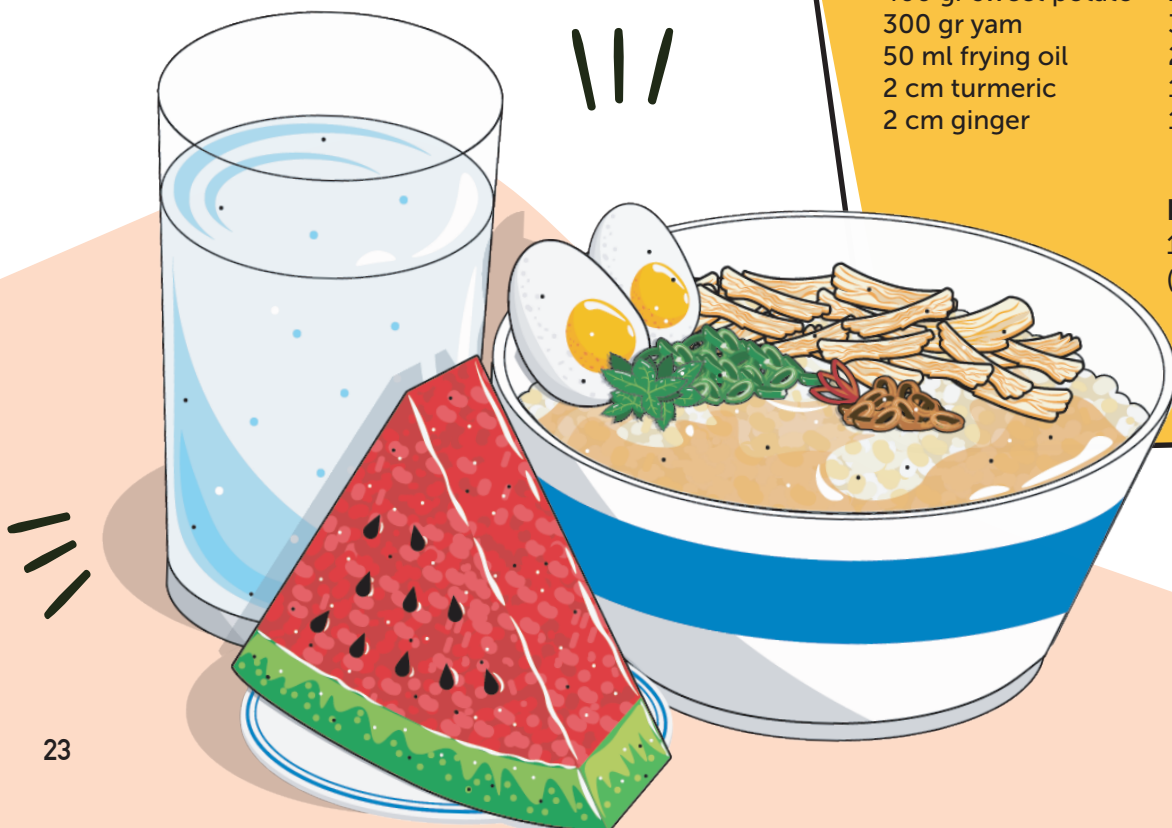
300 gr fish	3 stalks lemongrass
500 gr cassava	3 bay leaves
400 gr sweet potato	1 teaspoon salt
300 gr yam	300 gr corn
50 ml frying oil	200 gr spinach
2 cm turmeric	100 gr tomato
2 cm ginger	10 boiled eggs

Fruit:

1,8 kg watermelon
(10 slices of watermelon)

PREPARATION:

1. Make a fish stock from fresh fish in a boiling water. Strain stock to eliminate small bones.
2. Separate fish meat from bones.
3. Make porridge by mixing fish stock with diced cassava, sweet potato and yam. Stir continuously until thickens.
4. Saute fish meat with chopped turmeric and ginger, then add lemongrass, bay leaves and salt.
5. Mix sauteed fish into the porridge, then add shelled corn. Put in chopped spinach and diced tomatoes.
6. Peel boiled eggs and cut in halves. Serve on top of porridge.



Cooking together is
a fun activity that
can be done with
the whole family.
It brings everyone
closer to each other.





KEMENTERIAN
KESEHATAN
REPUBLIK
INDONESIA



unicef 
for every child



World Food
Programme

